

## Senior Lunch Social June 2016 Menu



SENIOR LUNCH SOCIAL  
HEALTH & WELLNESS

RECREATIONAL ACTIVITIES  
INTERGENERATIONAL GARDEN

**Time:** 12:00-1:00pm on Tuesdays, Wednesdays, Thursdays. Any extra meals are given to our waiting list patrons, so please arrive by 12:15pm.

**Eligibility:** One free meal a week for age 60 and over, City of Austin residents. A \$5 fee for lunch applies for those not eligible.

**Reserve your meal:** Call or e-mail us at (512) 974-1700 or rani.arni@austintexas.gov 7 days in advance during business hours. \*Vegetarian meals available by request.

Wednesdays are vegetarian meals only. We are limited to 40 seats for lunch.

**First time participants:** Please call 512-974-1700 to register for program.

<p><b>Tuesday, May 31</b> Vietnamese Chicken Ragu w/ Potatoes, Tomato, Boiled Veggies, Bread, Fresh Fruit <b>Veg. Entrée:</b> Sesame Seitan Stir-fry</p>	<p><b>Wednesday, June 1</b> Paneer Kolhapuri, Chana Dal (Lentil Soup w/Veg), Roti, Jeera Rice, Fresh Fruit</p>	<p><b>Thursday, June 2</b> Winter-Melon w/Pork Soup, Mixed Veggies, Steamed Rice, Fresh Fruit <b>Veg. Entrée:</b> Winter-Melon w/ Tofu</p>
<p><b>Tuesday, June 7</b> Braised Herbal Chicken, Grilled Veggies, Steamed Rice, Fresh Fruit <b>Veg. Entrée:</b> Braised Herbal Tofu</p>	<p><b>Wednesday, June 8</b> Saag Paneer (Greens w/Creamy Sauce), Sprouted Moong Dal, Samosas (2), Rice &amp; Fresh Fruit</p>	<p><b>Thursday, June 9</b> Steamed Ginger Tilapia, Mixed Veggies, Brown Rice, Fresh Fruit <b>Veg. Entrée:</b> Veggie Delight w/ Broccoli, Bean Sprout</p>
<p><b>Tuesday, June 14</b> Caramelized Chicken w/Ginger &amp; Scallion, Pickled Veggies, Steamed Brown Rice, Fresh Fruit <b>Veg. Entrée:</b> Stir-fry Veggies w/ Tofu, Shiitake Mushroom</p>	<p><b>Wednesday, June 15</b> Bhindi Masala (Okra w/ Crushed Peanut), Roti (2), Vegetable Pulao &amp; Fresh Fruit</p>	<p><b>Thursday, June 16</b> Vietnamese Beef Stew, w/Coconut Juice, Tomato, Carrot, Toasted Bread, Fresh Fruit <b>Veg. Entrée:</b> Fried-Tofu w/Eggplant</p>
<p><b>Tuesday, June 21</b> Pork Meatballs, Bean Thread Noodles, Baked Veggies, Steamed Rice, Fresh Fruit <b>Veg. Entrée:</b> Soft Tofu &amp; Squash</p>	<p><b>Wednesday, June 22</b> Bagare Bengan (Eggplant w/ Potato Curry), Toor Dal, Hondavo (Gujrati Lentil &amp; Veggie Bread), Rice &amp; Fresh Fruit</p>	<p><b>Thursday, June 23</b> Stir-Fry Chicken w/Chinese Broccoli, Mixed Veggies, Rice, Fresh Fruit <b>Veg. Entrée:</b> Grilled Tofu, w/ Mushroom</p>
<p><b>Tuesday, June 28</b> Lemongrass Chicken Vermicelli w/ Spring Mix, Fresh Fruit <b>Veg. Entrée:</b> Lemongrass Seitan Vermicelli</p>	<p><b>Wednesday, June 29</b> Paneer Tikka Masala, Dal Makhani (Kidney Beans w/Black Bean Soup), Roti (2), Rice, Fresh Fruit</p>	<p><b>Thursday, June 30</b> Braised Pork &amp; Egg, Mixed Pickled Veggies, Rice Noodles, Fresh Fruit <b>Veg. Entrée:</b> Braised Tofu, &amp; Eggplant</p>

## Schedule of Activities—June 2016

### Recreational & Intergenerational Community Education

**9:30am to 11:30am:** Join us for free tea and coffee

**9am to 2pm:** Recreation Social—Come play games such as table tennis, Go (weiqi), chess, checkers, mahjong, mancala, Go. Stop!, hanafuda, Sudoku, caroom, Asian satellite channels, computer basics and help, etc.

**12:30-1:30pm:** ESL 英文課 for Chinese speakers on Tuesdays (禮拜二) & Wednesdays (禮拜三). Thursdays by request (禮拜四如果有要求). **Dependent on volunteer instructor availability (如果老師有空).**

<p><b>Tuesday, May 31</b></p> <ul style="list-style-type: none"> <li>10:30am-12pm Fitness 健身 DVD of choice (Ballroom)</li> </ul>	<p><b>Wednesday, June 1</b></p> <ul style="list-style-type: none"> <li>10:30-11:30am Doll Making 娃娃製作 (Rooms 3&amp;4)</li> </ul>	<p><b>Thursday, June 2</b></p> <ul style="list-style-type: none"> <li>10:30am-12pm Ip Sun Tai Chi w/ Vince / 太極 / 태극권 (Ballroom)</li> </ul>
<p><b>Tuesday, June 7</b></p> <ul style="list-style-type: none"> <li>10am-12pm Badminton / 羽毛球 (Ballroom)</li> </ul>	<p><b>Wednesday, June 8</b></p> <ul style="list-style-type: none"> <li>10:30am-11:30am Gentle Yoga 瑜珈 / 요가 w/ Navaratri (Ballroom)</li> </ul>	<p><b>Thursday, June 9</b></p> <ul style="list-style-type: none"> <li>10am-12pm Badminton / 羽毛球 (Ballroom)</li> </ul>
<p><b>Tuesday, June 14</b></p> <ul style="list-style-type: none"> <li>11am-12pm Line Dance 排舞 w/Leechu Cheng (Ballroom)</li> </ul>	<p><b>Wednesday, June 15</b></p> <ul style="list-style-type: none"> <li>10:30-11:30am Heartfulness Meditation (Ballroom)</li> <li>11-12pm Poetry w/Shubh Bala Schiesser</li> </ul>	<p><b>Thursday, June 16</b></p> <ul style="list-style-type: none"> <li>10:30am-12pm Ip Sun Tai Chi w/ Vince / 太極 / 태극권 (Ballroom)</li> </ul>
<p><b>Tuesday, June 21</b></p> <ul style="list-style-type: none"> <li>10am-12pm Fitness 健身 DVD of choice (Ballroom)</li> </ul>	<p><b>Wednesday, June 22</b></p> <ul style="list-style-type: none"> <li>10:30am-11:30am Gentle Yoga 瑜珈 / 요가 w/ Navaratri (Ballroom)</li> </ul>	<p><b>Thursday, June 23</b></p> <ul style="list-style-type: none"> <li>10am-12pm Karaoke/KTV (Rm 8)</li> </ul>
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## Transportation Schedule—June 2016

Limited transportation available for seniors eligible and registered for Senior Lunch Social **once a week**. Please refer to our Senior Lunch & Transport Guidelines or call 512-974-1700 for more information. Transportation participants must still follow guidelines for registering for Senior Lunch Social.

### Route Schedule:

- Stops with less than 3 people for pickup are subject to cancellation.
- Route schedule may be subject to change due to demand and need.

### Pick-Up & Drop-off:

- Pick-up time and reminders will be sent to participants 1-2 days prior by e-mail. Please call the AARC for pick-up time if you do not have e-mail access.
- Participants should bring their Parks & Recreation ID passes that list their stop to ride in AARC van. New passes are made upon registration and first visit to AARC.
- The AARC can only pick-up and drop-off at the same location.

### Changing Pick-Up/Drop-Off Locations:

- Participants must notify AARC staff **7 days in advance** if they would like to change stops.
- Stop changes are limited to accessibility accommodations or changes of address.

<b>A</b>	<b>Tuesday, May 31</b> Yaupon, Dianella, Mountain View Park,	<b>Wednesday, June 1</b> Spicewood Parkway, Rustic Rock, Capital Village	<b>Thursday, June 2</b> Trailhead Park, Mellow Meadow, Hunters Chase
<b>B</b>	<b>Tuesday, June 7</b> Spicewood Parkway, Rustic Rock, Capital Village	<b>Wednesday, June 8</b> Yaupon, Dianella, Mountain View Park,	<b>Thursday, June 9</b> Trailhead Park, Mellow Meadow, Hunters Chase
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